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In the Claims:

1. - 20. (Canceled)

21. (Previously Presented) A method for access control in a communications network including a first wireless unit, a second wireless unit and at least one further unit, comprising the steps of:

generating, by the first unit, a frame including a first portion including data indicating that the first unit is establishing a direct communication channel with the second unit and a second portion including data for the second unit;

transmitting the first portion to the second unit and the at least one further wireless unit; and

establishing a direct communication channel between the first and second units to transmit the second portion, the first portion directing the at least one further unit to abstain from communication using the direct communication channel during transmission of the second portion.

22. (Previously Presented) A system, comprising:

a first wireless unit;

a second wireless unit; and

at least one further unit,

wherein the first unit generates (i) a first portion including data indicating that the first unit is establishing a direct communication channel and (ii) a second portion including data for the second unit, the first portion including a command to the at least one further unit to abstain from communications during transmission of the second portion, and

wherein the first unit transmits the first portion to the second unit and the at least one further unit, the first unit establishing a direct communication channel and transmitting the second portion to the second unit.

23. (New) A communication unit, comprising:
- means for generating a first portion of a frame;
  - means for generating a second portion of the frame;
  - means for transmitting a signal according to one of an omnidirectional beam and a directional beam having a coverage area smaller than that of the omnidirectional beam; and
  - means for selecting one of the first portion and the second portion for transmission, wherein:

the means for transmitting transmits the first portion via the omnidirectional beam to cause all communication units within range of the omnidirectional beam, other than a communication unit intended to receive the second portion of the frame, to refrain from communicating, and

the means for transmitting transmits the second portion via the directional beam to the communication unit intended to receive the second portion.

24. (New) The communication unit of claim 23, wherein the means for selecting includes a digital signal processor for determining an optimal beam pattern for the means for transmitting.
25. (New) The communication unit of claim 23, wherein the means for transmitting includes at least one antenna for switching between transmitting the omnidirectional beam and the directional beam.
26. (New) The communication unit of claim 23, wherein the means for transmitting transmits the omnidirectional beam to have uniform power throughout a coverage area thereof.
27. (New) The communication unit of claim 23, wherein the means for transmitting transmits the first portion according to a lowest data rate supported by a network.

28. (New) The communication unit of claim 23, wherein the first portion includes data identifying the communication unit intended to receive the second portion.
29. (New) The communication of claim 23, wherein the first portion includes data by which a duration of a communication with the communication unit intended to receive the second portion can be determined.
30. (New) The communication unit of claim 29, wherein the means for transmitting transmits the second portion within the duration determinable from the data of the first portion.
31. (New) The communication unit of claim 30, wherein after expiration of the duration, the communication units other than the communication unit intended to receive the second portion resume normal communications.
32. (New) A storage medium containing instructions that when executed by a processing unit of a communication unit that includes a transmitter results in an execution of the following:
  - generating a first portion of a frame;
  - generating a second portion of the frame;
  - transmitting a signal according to one of an omnidirectional beam and a directional beam having a coverage area smaller than that of the omnidirectional beam; and
  - selecting one of the first portion and the second portion for transmission, wherein:
    - the first portion is transmitted via the omnidirectional beam to cause all communication units within range of the omnidirectional beam, other than a communication unit intended to receive the second portion of the frame, to refrain from communicating, and
    - the second portion is transmitted via the directional beam to the communication unit intended to receive the second portion.

33. (New) The storage medium of claim 32, wherein the storage medium includes at least one instruction for determining an optimal beam pattern.
34. (New) The storage medium of claim 32, wherein the storage medium includes at least one instruction for switching between transmitting the omnidirectional beam and the directional beam.
35. (New) The storage medium of claim 34, wherein the omnidirectional beam has uniform power throughout a coverage area thereof.
36. (New) The storage medium of claim 32, wherein the first portion is transmitted according to a lowest data rate supported by a network.
37. (New) The storage medium of claim 32, wherein the first portion includes data identifying the communication unit intended to receive the second portion.
38. (New) The storage medium of claim 32, wherein the first portion includes data by which a duration of a communication with the communication unit intended to receive the second portion can be determined.
39. (New) The storage medium of claim 38, wherein the second portion is transmitted within the duration determinable from the data of the first portion.
40. (New) The storage medium of claim 39, wherein after expiration of the duration, the communication units other than the communication unit intended to receive the second portion resume normal communications.